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Nurture Awarded Grant to Bring Nutrition Program to Expectant Mothers

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Nurture instructor Sarah Leone mixes up a whole-grain breakfast for expectant mothers

Nurture is pleased to announce that it has been chosen as a recipient of a 2010 Nutrition Grant Award from the Consumer Wellness Center. This \$1,000 grant will buy rice cookers and wholesome food for 40 expectant mothers enrolled in Family Network of Highland Park's Right from the Start (Desde El Principio) prenatal program. Participants of this group are low-income Spanish-speaking residents of the Highland Park/Highwood area. Nurture will deliver a series of classes that will use the rice cooker to emphasize the importance and ease in incorporating whole grains, lentils, split peas, fruits and vegetables into the diet. The goal is to promote better nutrition and health for the mother which, in turn, promotes better health of the baby.

Nurture is a non-profit organization based in Winnetka, IL. Nurture's mission is based on the Chinese proverb: "Give a person a fish and feed him/her for a day; teach a person to fish and feed him/her for a lifetime". Nurture seeks to empower care givers with time efficient and cost effective

means to provide healthy, home-cooked meals. The program also emphasizes the importance of physical activity as part of a healthy lifestyle. Nurture is an organization run entirely by volunteers. For more information please visit www.nurtureyourfamily.org

Family Network's Right from the Start program aims to assist Latino expectant mothers throughout their entire pregnancy. Family Network provides a variety of services ranging from nutrition information to prenatal and financial education to infant safety guidelines for resource-limited expectant mothers.

Consumer Wellness Center is a leading source of nutritional information internationally. Over two million readers subscribe to its NaturalNews.com newsletter. The Consumer Wellness Center is a 501 (c)3 non-profit organization founded and directed by Mike Adams, "The Health Ranger". For more information about Consumer Wellness Center please visit www.consumerwellness.org.

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